

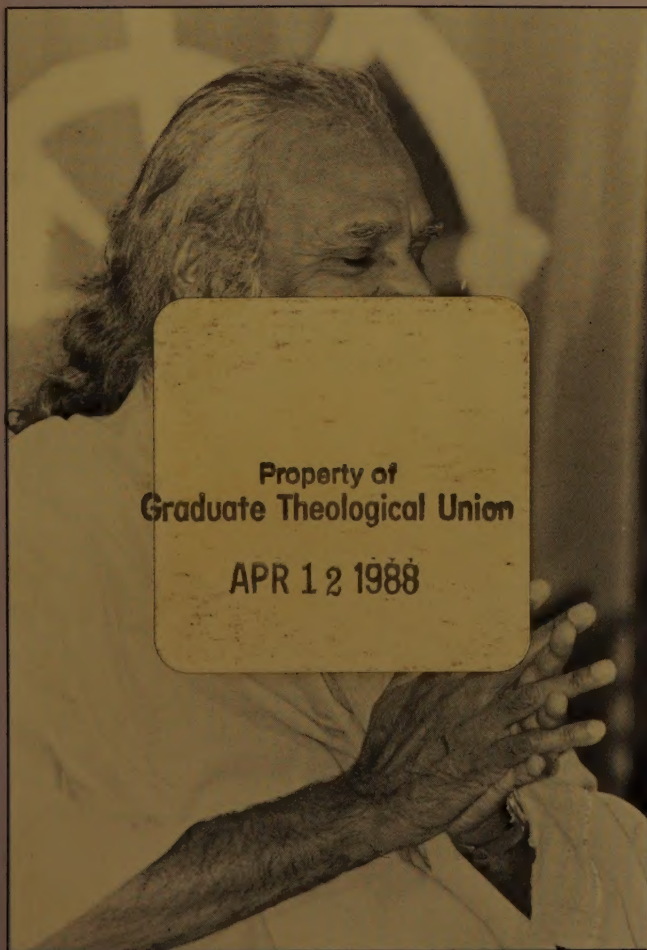
1912

# Integral Yoga<sup>®</sup>

THE TEACHINGS OF SRI SWAMI SATCHIDANANDA

March/April 1988

\$2.50



Property of  
Graduate Theological Union

APR 12 1988

**SPECIAL ISSUE:  
HOPE IN THE FACE OF AIDS AND OTHER ILLNESS**

# UPCOMING EVENTS WITH SRI GURUDEV

## April

- |       |                   |  |
|-------|-------------------|--|
| 11-15 | Oxford<br>ENGLAND | Global<br>Conference of<br>Spiritual and<br>Parliamentary<br>Leaders on<br>Human<br>Survival<br>(organized by the<br>Global Forum) |
|-------|-------------------|--|

## May

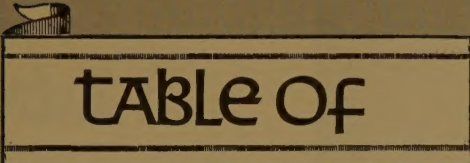
- |       |                           |   |
|-------|---------------------------|---|
| 7-8   | Charleston<br>W. VIRGINIA | Seminar<br>sponsored by<br>the Indian<br>Community                              |
| 20    | New York<br>NEW YORK      | Public Talk   |
| 21-22 | Montreal<br>CANADA        | "Our Galactic<br>Future" conference<br>sponsor: Spiritual<br>Science Fellowship |
| 23    | Montreal<br>CANADA        | Public Talk   |

## July


- |       |                       |  |
|-------|-----------------------|--|
| 23-24 | Rhinebeck<br>NEW YORK | Integral Yoga<br>Seminar sponsor:<br>Omega Institute |
|-------|-----------------------|--|

## August

- |       |                   |                                 |
|-------|-------------------|---------------------------------|
| 19-21 | London<br>ENGLAND | Annual World<br>Academy of Yoga |
|-------|-------------------|---------------------------------|



# table of



# CONTENTS

LETTERS	2
COURAGEOUS MIND by Sri Swami Satchidananda	4
THERE IS A DOCTOR IN US by Sri Swami Satchidananda	6
TREAT THE MIND FIRST by Sri Swami Sivananda	7
CHANGING OUR ATTITUDES ABOUT AIDS by Gerald G. Jampolsky, M.D. and Diane V. Cirincione	10
HEALING THOUGHT FORMS by Sri Swami Satchidananda	16
NEVER LOSE HOPE by Peter (Purusha) Hendrickson, Ph.D.	17
GRATEFUL TO SERVE by Ramya Gleeson	19
SRI SWAMI SATCHIDANANDA'S FIVE STEPS TO SELF-HEALING	20
YOUR PURPOSE IS TO HEAL YOURSELF A devotee's story about dealing with AIDS	21
THE NEW YORK IYI AIDS PROGRAM by Peter (Purusha) Hendrickson, Ph.D.	22
EASE AND DIS-EASE by Dharmavati Shapiro	23
A PEARL OF HOPE by Radha Vignola	25
COURAGE TO HELP by Kalyani Yarusso, L.P.N.	27
WHO DO YOU SAY I AM? by Joan Metzner, M.M.	28
SPRING! by Mrs. Rukmini Rasiah	29





## INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham/Virginia. Located at the Virginia Ashram are: the audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers.

The LOTUS (Light Of Truth Universal Shrine) — a shrine dedicated to the Light of all faiths and to world peace — is open to the public and is located in Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

I want you to know that I respect all your wisdom, all the work you have done, and especially the community you have created in Virginia.

For years I have watched Yoga grow, and I have never taken the time to express to you how much I appreciate what you have built there and what you have attracted to come and live there.

When I visit I always learn so much, and I'm inspired on many levels. I always feel like I'm at home with my family.

Thank you so much!

R.S.

San Francisco, CA

I write simply to say thank you — a heartfelt thank you for your presence, wisdom and your love. I was deeply touched by you when you came to the Yoga World Congress in England in 1981. Laughter, tears of joy and a sense of gratitude flowed from me over the next three days. Now each day, still you are on my mind, the words of your books give me so much, and my heart tells me that your letters are a great gift in my life. Your being is a true inspiration to me. And whenever I think of you I make contact with a deep peace within me.

How can I thank you best? Is it to live my life and each day of my life to the best of my ability as you say in *To Know Your Self* I have that intention with love and gratitude.

R.T.

Scotland

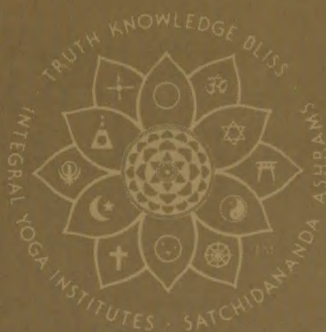
# Sri Gurudev

...ing to thank you for all the peace  
...discovered since your visit to  
...land. I attended three nights of  
...isit to Engleberg. It was a new  
...nce for me. I came with little  
...dge of Yoga or its history. The  
...gs, of course, I have heard and  
...nced through Christianity; how-  
...our words and stories were so  
...al to listen to that I wanted to write  
...press my thanks. I was fortunate  
...ble to purchase two books: *To*  
*Your Self* and *Beyond Words*—  
...y you. Each I treasure and have  
...with my friends. We find that,  
...veryday frustrations get us down,  
...ter from one of your books soon  
...back on track.

P.M.  
Switzerland

...ve been practicing Integral Yoga,  
...hat my whole relationship to the  
...has changed. My spiritual growth  
...eely accelerated. I really see Yoga  
...ning my heart and I feel such in-  
...e love and connectedness to the  
...se. As I read more and more about  
...understand that these experiences  
...ectly linked to my practices and  
...ousness of Yoga.  
...ough I am unable to be with you  
...ally right now, I want you to know  
...am with you. As I continue my  
...ife my love for you, Yoga, God and  
...eatly deepens.

S.K.  
Poughkeepsie, NY



## Integral Yoga® Magazine

**Founder-Director**  
Sri Swami Satchidananda

**Editor**  
Swami Prakashananda Ma

**Art Director**  
Gretchen Uma Knight

**Circulation**  
**Editorial & Production Staff**

Rev. Janaki Carrera  
Raghavan Rood  
Dharmavati Shapiro  
Ratna Stone

**Printing**  
Charlottesville Press

**Photography**  
Swami Premananda Ma  
Ganesh MacIsaac

**SRI SWAMI SATCHIDANANDA**  
(called "Sri Gurudev" by his students) is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being: "Truth is One, paths are many." His main residence is in Buckingham, Virginia. In response to invitations from around the globe, he travels widely, sharing with people through every possible medium: lectures, conferences, radio, television and newspaper interviews, books, and visits to centers around the globe in the fields of education, religion, health and Yoga.



# COURAGEOUS MIND

by Sri Swami  
Satchidananda



Our human capacity is limited, and even the best doctors are limited in what they can do. I'm not blaming them for it. They are doing the best they can, and they do many great things. But we know that there is another Doctor who can perform miracles. I'm not just talking about what some people might consider God, sitting somewhere apart from everything. No, I'm talking about the cosmic energy, the supreme energy, which moves every atom in this cosmos. It is that *prana*, that energy, which the Hindus call *Parashakti*, the supreme power.

All we have to do is link ourselves to that, open ourselves to that. And that will rebuild our system, however damaged it

is. So, the first thing that I would like to share with you is: never, never, never lose hope. NEVER lose hope. Because, the moment you lose hope, that itself weakens the system a lot.

It's very true, very true. Much of our problem is caused by the fear itself. A fearful person loses much of his or her stamina and strength. So that's why my advice is that: don't be afraid. Have that hope. Under any circumstances. That is the first way to block the drainage of vital energy. And then we can fill it up again. By hope and courage we stop draining the energy; then we can put it back.

That's where the natural discipline of life comes in. We call it yogic. Yoga is just

ding a disciplined life — to do what is necessary to put back what we lost. All the yoga postures, *asanas*, can tone our system, can squeeze out the blockages, clear the way for putting in more *prana*, vital energy. That's why, after the *asanas*, the *pranayama*, breathing practice, is done. I have total faith in *pranayama*. *Prana* is simple. All you have to do is take a deep breath. It's the cheapest and the best medicine.

We should be aware of everything we take in. Food, for example. If a nice person, a loving person gives you even simple food, you enjoy it. It becomes nectar to your system. At the same time if somebody dislikes you and serves the food to you in a disinterested way, that food immediately becomes poison in the system. It is not the food alone; it is the motive behind it. Don't put poison into the system. Everything is like that. It's not *what* you get — it's not the substance itself — it's what comes with it, what kind of vibration it comes. So everything that we utilize in our life, should come in a gentle, loving, holy way. Not contaminated, not filled with hatred, anger, fear.

We have to attack this problem from various directions. It's not just one thing that created the problem, as I said earlier. So, likewise, we have to use various approaches — spiritual approach, intellectual approach, approach through food, approach through thought, approach through society, approach through our environment. Even your room should be clean and pleasant with good vibrations. Burn some incense every day in your room. Be sure it is neat. It shouldn't look like a junkyard. However sick you are, keep it neat and clean.

All these things help to heal. Remember: healing is not just one thing done by somebody else to you. YOU have to do certain things in order to heal. Some rooms you cannot even go into. They are torn to pieces as if ransacked by somebody. That's not a healthy thing even to look at. It won't produce good vibrations.

Make the mind healthy, happy. We are born with that happiness. We are born

with ease. Maybe out of our ignorance we have done something wrong to disturb the ease, now we call it dis-eased. Imagine how many kinds of worries we have. And how are we going to preserve our *prana*, preserve our immune system with all those worries? How much of the worry is unwarranted? We have created a lot of worries in our minds.

Look at that little sparrow on the tree, how happy it is. It goes, picks up something, comes back to its branch and sits. Compare yourself to that sparrow. Let's not have all these worries.

Yes, hardship in life is there. I'm not saying that doesn't exist. But worry is not going to help us in any way. A worryless mind is very important. Particularly in a situation where someone is ill. Imagine, you have your blood tested. If the result is positive for the HIV virus, you immediately say, "Oh, I have AIDS! I don't know what to do. Am I going to die?" You are already beginning to die then. Never, never give room for that kind of thinking. Keep your mind always above the water, head above the water. Don't let these things drown you.

It's important to know the power of suggestion. Simply say, "No! I'm not going to die. I am just going to get out of it! I'll rebuild my system! I have strength! And I have the know-how. I WILL do it!" That kind of will is a great remedy that you can't get from any doctor. You have to develop it yourself. We live because we suggest that we are living. If you keep suggesting that you are dying, you will die.

So have a courageous mind. If you can't make yourself strong by your own thoughts, all right, then think that there is a greater force, God's force. That's where the faith comes in: "I have my faith in God. I am His child. He is not going to let me down. I might have made mistakes. I feel sorry for it. I am changing all those things, changing my lifestyle. And God is going to help me." Faith moves mountains. A faith the size of a mustard can blow the mountains apart. You are what you believe in.



# There is a Doctor in Us

by Sri Swami Satchidananda

*Conversation with devotee who has cancer:*

SRI GURUDEV: Remember, we have faith in a higher Doctor. Do you know which Doctor?

DEVOTEE: God.

GURUDEV: Yes. We have faith in God. Let's just keep praying, and I'm positive *that* doctor will do whatever is necessary to take care of this problem. Even if — as your regular doctor says — it should be fatal, God will release you from the fear and worry about that. So, whatever it is, put yourself in the hands of the Lord. God always does things for our benefit. Don't worry. Death can come any time. Everybody is going to die one day or another. Why should we be afraid of it? In fact, the fear is worse than the cancer.

DEVOTEE: I know.

GURUDEV: Ah! Don't give room for that.

DEVOTEE: It has been so awful, so horrible, I wanted to die.

GURUDEV: Even that you should not feel. If God wants to have you die, let Him do it. Don't worry about it. You didn't come into the world yourself, and you are not going to go by yourself. God sent you here. When He thinks your job is over, He will call you back. Let Him decide that. Just be comfortable, peaceful and tell God, "God, whatever You say is fine. I'm ready to accept Your wish. Because You are the final authority." Keep it that way and just be strong. Don't worry; we will

keep you in our prayers here. We will send all the prayers and loving thoughts to you.

DEVOTEE: When I listen to you and see you, I feel closer to God.

GURUDEV: Well, your faith will certainly help you and give you strength to handle any kind of problem. Your faith alone. There's nothing greater than the faith in God. So, that faith alone will protect you, and you don't have to worry about anything. Okay?

DEVOTEE: I want to thank you so much. And I want God to give you many more years — to live a hundred years — and do all your good work.

GURUDEV: Well, I will certainly be here as long as God wants me to. If I am doing a good job, certainly God will keep me here a longer time. It's His work, so let *Him* decide that. Okay? God bless you. And be strong, be strong. We are all praying for you. Know that we are all keeping you in our prayers. Let the doctors do what they can for you — many things can be done by modern medicine — but we also trust in the bigger doctor, God.

DEVOTEE'S DAUGHTER: Just hearing your voice, just talking to you has done more for me than anything. Right now, it's a difficult period, and I'm trying my hardest to go through it well.

DEVOTEE: The energy and the beauty and the love that you put out to all of us — I'm without words to show my appreciation.

GURUDEV: I'll be always there, don't worry.





# Treat the Mind First

by Sri Swami Sivananda

In the vast universe, only the human being breaks and violates all rules and laws. He is the single example of lawlessness and discord. He wilfully disregards the laws of health, leads a life of dissipation, and then wonders why he suffers from disease and disharmony. He deliberately ignores the rules of hygiene and right living and weeps when he is ailing from an incurable dire malady. Every human being is the author of his own health or disease. Disease is the result of disobedience to the immutable laws of health that govern life.

Life without good health is a miserable condition even if one is the lord of the whole earth. What is the use of wealth and possessions, if a person cannot eat well on account of disease of the stomach? The first wealth is health. It is the greatest of all possessions. Without health, life is not life. It is only a state of languor, suffering and half-death. The difficulties and troubles that people suffer arise from ill health. One who has good health has hope. One who has hope has everything.

There is an intimate connection between the mind and the body. Whatever

you hold in your mind will be reproduced in the physical body. Any ill-feeling or bitterness toward another person will at once affect the body and produce some kind of disease. Intense passion, hatred, long-standing bitter jealousy, corroding anxiety, fits of hot temper, actually destroy the cells of the body and induce diseases of the heart, liver, kidneys, spleen, and stomach. Worry has caused new deadly diseases like high blood-pressure, nervous breakdown etc.

All diseases take their origin in the mind. The pains that afflict the physical body are called secondary diseases, while the *vasanas* that affect the mind are termed mental or primary diseases. If bad thoughts are destroyed, all bodily diseases will vanish. Treat the mind first. Mental health is more important than physical health.

Removal of hatred through cosmic love, service, friendship, mercy, sympathy and compassion; removal of greed through disinterested service, generous acts, and charity; removal of pride through humility — these will help you a great deal in the achievement of good health. You must always be cheerful. You must cultivate this virtue again and again. Laughter and cheerfulness increase the circulation of the blood. They are blood-tonics.

Be courageous. Be cheerful. Be kind. Be tolerant. Pray. Sing. Meditate on the Lord. Do *japa*, *pranayama* and *asanas*. You will have wonderful physical and mental health. You will always have a calm and poised mind. Be not a victim to imaginary ills and diseases. Even if you have a disease, thinking of it constantly will intensify it. As you think, so you become. Feel always, "I am healthy in body and mind."

Health is that state in which a person sleeps well, digests food well, is quite at ease, is free from any kind of disease or uneasiness. A healthy person smiles and laughs. He is cheerful and happy. He discharges his daily duties with ease and comfort. A healthy person is capable of doing work for a long time without get-

ting fatigued. He or she possesses the highest kind of mental and physical efficiency.

Become your own physician. Assist nature, but do not force nature. Allow nature to heal you. Nature is the best healing agent. Medicines and doctors only help nature in its recuperative work. An injudicious doctor who disturbs nature's work does more harm than good.

People say, "One apple a day keeps the doctor away." This is costly. This is doubtful. I say, "Live in the spirit of the Vedantic formula. This alone can keep the doctors away. This is inexpensive. This is a potent, easily available medicine that lies at your command, that is very close to you, that is within easy access or approach. Doctors' bills and money can be saved. This will give you self-realization as well."

Believe me. Give up doubting. I assure you, my dear brother and sister! Thou art not this perishable body. Thou art the immortal, all-pervading Soul. *Tat Twam Asi* — Thou Art That. Rejoice in the Satchidananda *Atman* within and become a self-realized being in this very birth.

---

## God-Liver Oil

A young lady who appeared very weak came to Master Sivanandaji and prostrated before him. She told him about her ill-health and asked him for some remedy.

"Take God-liver oil!" said the Master.

"No, Swamiji, I have taken plenty of cod-liver oil, but it served no purpose," said the lady.

"Not *cod*-liver oil, but *God*-liver oil! It will nourish your mind, which in turn will make your body all right!" came the Master's answer.





## KARMA YOGA SCHOLARSHIPS AT YOGAVILLE

*A Unique opportunity to participate in the  
Ashram lifestyle!*

Absorb the Integral Yoga teachings by living them in the tranquility of Satchidananda Ashram-Yogaville, Buckingham, VA.

You will participate fully in the daily schedule of meditation, Hatha Yoga, vegetarian diet, study classes, as well as selfless service (Karma Yoga).

You may offer your service in the following areas:

landscaping  
grounds care  
garden and orchard  
construction  
housekeeping  
clerical

publications  
layout  
audio/video  
darkroom  
auto mechanics  
general upkeep and maintenance

Scholarships are available for stays of one month or longer.

*For more information:*

**Satchidananda Ashram-Yogaville**  
**Buckingham, VA 23921**  
**(804) 969-3121**

# CHANGING OUR ATTITUDES ABOUT AIDS

## Let It Begin with the Children

Just for a moment, try to imagine what it would be like to be the parents of a five-year-old boy who has AIDS and who probably was infected with the AIDS virus from a blood transfusion he received when he was three-and-a-half years old. Can you identify with the initial shock, agony and disbelief? Can you imagine what you would do when your son reaches school age and is ready to attend classes? Do you keep the fact of that illness a secret from school officials, your relatives and your community, or do you tell the truth?

Try for a moment to identify with the parents of Ryan Thomas, of Atascadero, California, a five-year-old boy whose family recently found themselves in this situation. They were well aware of the Surgeon General's report and the findings contained in the bulletin of the federal Centers for Disease Control — as well as other reports from medical authorities throughout the world — that you don't get AIDS from casual contact, from hugging, from kissing, from living in the same house with someone with AIDS; that you can only contract AIDS from sexual intercourse or blood-to-blood interaction.

The Thomas family knew what the medical, educational facts were; at the same time, they also understood what fears, doubts and uncertainty can do to a community to close off their hearts, to isolate and ostracize a family with AIDS. They were also acutely aware of Ryan White and his family who were then liv-

ing in Kokomo, Indiana, and how this family had been shunned at the outset of his AIDS illness and that it had taken a court order to get Ryan White back into school. Over the past year, the Thomas family struggled with the decision about whether or not they should make their son's illness known. They decided they should. Their hearts told them to tell the truth.

The result was that the community and the school responded with fear and attack. Ryan and his older brothers, Robert, age 8, and Richard, age 10, were subjected to the teasing of other children, who called them "AIDS monsters." After a community-education program and pertinent legal maneuvers, the situation is today quite different. Ryan is back in school, other children are playing with the Thomas boys, and a compassionate and helping attitude by many in the community has replaced the taunts and jeers.

There is, of course, really no one to blame for the AIDS crisis. But there is much that we can do. We can do our best to be well informed about the medical facts and then take the responsibility for informing others. Rather than closing off our hearts and focusing on our own self-interest, we can begin a new era by taking the same interest in others as we do in ourselves. We can reach out and help those affected by this devastating disease by allowing the fear in our hearts to be transformed by a compassionate, caring, and loving attitude. It means living this instant as if it were the only time there

By Gerald G. Jampolsky, M.D. and Diane V. Cirincione



— an instant of joining and not separation. We need to remind ourselves of what our purpose in life is. Is it just to protect our own self-interest and to think of ourselves first, or it is to live a life where we are demonstrating Creation's love flowing through us to all others, regardless of the circumstances?

Let us tell you about the transformation that took place in Jeannie White's family. We first met Jeannie White, her son Ryan, and her daughter Andrea early in 1985 at the height of public outcry over Ryan's attending school while his AIDS was in remission. Ryan, a hemophiliac, had acquired the disease through a blood transfusion prior to the institution of current blood-testing regulations. Nevertheless, he has been called many homophobic epithets. On one of those days when we had the strength to get up and go out, we were asked to leave the shopping mall as well as restaurants amid the stares of arrogance, anger and rejection. His sister and mother quietly left with him and decided then and there to take a stand on his right to go to school, a battle they eventually won in court. While the family has undergone extraordinary pain and cruelty because of the ignorance and fear of others, there is something about them that seems to have risen above it. Out of the tragedy of having AIDS there is great potential for personal transformation surrounding it.

When Ryan was first diagnosed, Jeannie couldn't believe it. The diagnosis was so rare that it took almost a year to confirm. Jeannie's disbelief turned to anger — hostility and rage towards all homosexuals, even though Jeannie had rarely personally encountered a gay man. So how are we to explain the shift to the inner peace we now observe in this very exhausted mother? She explains that while on a trip to New York early in Ryan's illness to do a morning talk show on the controversy, someone suggested that she visit the AIDS ward at Bellevue Hospital. While doing so, her anger and judgment began to dissipate. She felt a common bond with the patients she met there and

# I HAVE AIDS

## Please hug me



## I can't make you sick

their families, who were similarly suffering and had as much to fear as she did. In their shared pain, they all found a way to join together.

Shortly after returning home to Kokomo, she was further transformed while watching the local news. On the TV screen she saw mothers, fathers, children and teachers arguing about whether or not Ryan should be allowed to enter their school district. Suddenly, instead of hating them, she felt compassion for the conflict they were undergoing, the separation the issue was causing with the other families, and she found herself identifying with their confusion and pain. Although she knew that she would never agree with their views, nevertheless she could empathize with them on another level.

Jeannie's final transformation at that time took place when a local mother whom she had never met called her and shared the following: first, she had a son who had just told her he was gay; second, he was diagnosed with AIDS; and third, he wanted to come home to die. She asked Jeannie what to do. Without hesitating a moment, Jeannie advised the mother that if she wanted to give herself an incredible gift, she would invite her son home. The woman did, and Ryan subsequently befriended him.

The White family's transformation came about by finding and accepting a way to join others and to help others even when the outside world said otherwise. Jeannie White has also found a space in her heart to forgive. She has since networked with numerous families who find themselves experiencing similar situations and problems. She has been active in our Center for Attitudinal Healing AIDS hotline. At the same time, Ryan has been active as national spokesperson, along with Elizabeth Taylor, for the National AIDS Research Foundation, and speaks on behalf of other children with AIDS all over the country.

For a moment let us try to identify with Mr. and Mrs. Clifford Ray, formerly of Arcadia, Florida, who are the parents of three young sons with hemophilia, ages 8, 9, and 10, and one healthy daughter, age 6. They are faced with the fact that their boys are carrying the AIDS virus, but do not have the disease. After much inner struggle their hearts dictate that they tell the truth to the school officials. As in the cases of Ryan Thomas and Ryan White, fear in the community leads to the ruling that the children not be allowed to attend school. And although that decision is eventually reversed, the Ray boys are put in a special class in a special school where no other children are in attendance. The children are isolated; no one wants to play with them. Adults also begin to shun both the parents and their youngsters.

The tension gets so great that they decide to relocate to Alabama, where the same thing happens again, and they return to Florida. Then they find a doctor, Dr. Jerry Barbosa, and a lawyer, Judith Kavanaugh, who are both willing to offer their free services to help in a legal battle to get the children into school. But when the fall 1987 semester gets under way, the court victory becomes little more than a paper triumph, as the Rays spend the first week of classes subjected to bomb and death threats and a boycott led by classmates' parents at the DeSoto County elementary school the children

were to attend. As of early September, it appears that they must bear even greater pain because of the boys' AIDS-virus exposure.

Fear and lack of education are causing similar untold anger in many communities throughout the U.S. And while all the incidents are not of the magnitude of hostility directed towards the Rays, the fact remains that there are an estimated 5,000-plus children who carry the AIDS virus from blood transfusions in this country and that there is a vast need and challenge for all of us in dealing with their suffering that goes beyond medical concerns. As Seigne Post, of Crowton, New Jersey, wrote in a letter to the editor of *Time* magazine (April 17, 1987), "As important as finding a cure for the disease is finding a cure for people who are turning their backs on AIDS victims."

In response to that need, the Center for Attitudinal Healing has instituted an "AIDS Hotline for Kids," a national network that also goes into Canada. (The phone number is (415) 435-5022; when funds are available, an 800-number will be installed.) As part of this outreach program, we have produced a special poster, created by Jack Keeler, on which a child is saying, "I have AIDS. Please hug me. I can't make you sick." We are in the process of attempting to raise funds (\$45,000) so that this poster can appear in schools, churches, synagogues and other public buildings throughout the country. It has already appeared on outdoor billboard in the San Francisco Bay area.

The network is both an informational and a support network. Through our Phone/Pen Pal program, which began in 1978, people with life-threatening illnesses and their family members affected by this trauma are linked with others who are also unable to participate in a Center program because of geographic location and/or physical disability. Through letters, tapes and phone conversations, they are able to express their feelings and provide support for one another. The Center pays for the first three phone calls between participants and encourages them



to keep in touch by mail. The feedback we have received from the families who have been involved with us has been most positive.

For example, I (Jerry) visited the Ray family in July 1987 and they immediately became involved in our AIDS Hotline network. As a result of that association, the family's feeling of isolation and separation began to dissolve. The more they were able to share with and help other families through the Hotline, the more peaceful they themselves became. The more that they were able to see the people in their community as fearful rather than as attacking, the easier it was for them to find a place in their hearts where they could begin to forgive and let go of the hateful feelings they were harboring.

A woman, whom we shall call "Judy," came to our Center. Six months ago she received a call from her physician informing her that a blood transfusion her 6-year-old child had received when she was quite young had been given by a donor in the high-risk category for AIDS. A subsequent blood test revealed that her child was indeed carrying the AIDS virus. Judy and her husband decided to tell no one, not even other family members, who they feared might unnecessarily reject the child. Nor did they want the school to know, for the same reasons.

In April Judy wrote a letter to Ann Landers. Although it was never published in her column, we feel it deserves wide attention because it paints a very graphic picture of what this mother is experiencing. Judy's letter reads as follows:

Dear Ann Landers,

*My child has recently been diagnosed as having the AIDS antibody. A few years ago my child needed a blood transfusion shortly after birth because of a life-threatening medical problem. My child came through the crisis with flying colors. Six weeks before my child's birthday, the blood bank called our pediatrician to inform him that the donor of the blood used for my child could not be located, and since the donor fell in the "high risk"*

*category, he advised my child to be tested. The day after my child's birthday we heard that the results were positive for the AIDS antibody.*

*There is no trace at this time of the disease itself. After contacting a hospital in a major city near us, and talking to a doctor of pediatric immunology about AIDS, we discovered that there was only one other child in this area of the country who has survived as long as this after such a transfusion. There is no way of telling if my child will eventually contract AIDS. My child may be one of the lucky ones to beat the odds. Then again, maybe not. Dealing with this uncertainty is mentally and physically draining.*

*My husband and I are devastated. Why is this happening to us? Dealing with this knowledge, however, is easier than dealing with the reason I am writing to you. Ann, because people are so frightened by this disease, and because most people still aren't sure if they can catch AIDS by being near someone who has it, and because of the ostracization that occurs because of it, I cannot tell anyone what is happening to my child and my family.*

*I cannot tell other members of my family for fear they may avoid my child even unintentionally. I cannot tell my friends for fear they may shun us. I cannot tell my child's friends or teachers for fear they will reject my child, and this in itself would be devastating, because my child is so outgoing, active, and friendly. I cannot tell other health professionals who may work with my child because I cannot have this information in my child's medical history. I cannot talk to my clergy about this because I can't be absolutely sure that it would not eventually be revealed. I cannot tell my employer why my work is not up to par and why my mind wanders from time to time.*

*If a situation ever arose medically where this information was crucial to the health of anyone dealing with my child, I would not hesitate to inform them of my child's condition. I would never intentionally put anyone else's health in jeop-*

ardy. There has been talk of isolating everyone with AIDS or the AIDS antibody. I cannot do this to my child, especially since I know that there is no danger to anyone else. If I have not contracted AIDS by now, nobody else involved with my child will contract it. I read about a family in California whose son is the same age as my child. He has the disease. His family has been harassed to the point that they must leave the town they live in. Four or five men tried to kidnap the boy, and one can only speculate on what they intended to do.

Ann, this anger, depression, anxiety, helplessness, fear and isolation are overwhelming me. I pray to God for help, patience and strength. I don't know where else to turn. I implore your readers to try and understand what I am going through. I could have been one of you. Remember the saying, "There, but for the grace of God, go I." Please tell people again and again that they cannot "get AIDS" by touching, kissing, or being in the same room. It is only transmitted sexually or by intravenous drug use. It can't even be transmitted through blood transfusions anymore.

Please, everyone, understand how and what AIDS is and is not. Please, everyone, understand what I am going through. I am your mother, your daughter, your sister, your friend, the mother of your child's friend, the mother of your student. I wish that I could talk to you, but I feel I can't and that's why I feel so alone.

*Maybe someday...*

(Signed)

A Mother  
Your Neighbor  
Your City  
Your State

The highest incidence of children with AIDS is in New York and New Jersey, due to the high incidence of drug addiction in those states. Those addict-parents have already been rejected from their com-

munity. When their children contract AIDS at birth, they face further rejection. Many of the children find themselves living in foster homes. In interviewing these foster parents we have found them to be very courageous, compassionate and not afraid of getting AIDS themselves.

The medical and social service workers around the country who are working with children and adults with AIDS are oftentimes overworked and exhausted. For while monies are going into research, little funding is allocated for direct services. For the last four years, the Center for Attitudinal Healing has been offering free services to both adults and children with AIDS. We also have a support group for lovers, parents, brothers, and sisters and other relatives of those affected by the disease.

In addition to directly working with children who have AIDS, as well as the "AIDS Hotline for Kids," we recently have formed a new group that we feel will rapidly expand, the "Worried But Well" group. In May 1987 we offered a free, one-day workshop on the emotional aspects of AIDS in San Francisco that was attended by over 600 people.

There is a beautiful story at our Center that we would like to share with you. It has to do with a mother who, in 1985, found that her husband was dying of cancer. Later she learned that both of her sons were gay and that her elder boy had AIDS. Both she, her elder son, and his lover came to our Center. After her first son died, her second son was diagnosed with AIDS. The mother found that the way she could heal herself was to volunteer her services at County Hospital in San Francisco, where she now helps other mothers who come to the city from other parts of the country to see their sons, oftentimes for the first visit, knowing that they are gay and have AIDS. She is a beautiful light. And while one might expect that she would be depressed, she is not. Her work in service has made her strong and given her peace. She has tremendous faith in God.

We have seen great personal and spiri-



ual transformations take place in many ways with the families with AIDS with whom we have worked. We have met parents who have told us that their child has taught them what courage, patience, faith and unconditional love were all about.

More recently, we have begun to see remarkable foster parents who have volunteered to take care of children who have AIDS, AIDS-Related Complex, or who are carrying the HIV antibody. These courageous persons have no fear of being infected with the disease; their biggest problem is their own fear of social isolation. When one foster couple told their landlord what they were doing, he agreed to let them remain on the premises on the condition that they not tell others at the complex about their child. They can only go out themselves when their best friends, in whom they have confided the facts and the truth, volunteer to babysit because the couple is still trying to keep it a secret. One of the foster mothers we are seeing decided to adopt the child he is caring for. These people are beacons of light and are teachers of unconditional love for all of us.

The AIDS crisis offers each of us an opportunity to face our own fears, our own purpose on this planet Earth, and allows us to look once again at other ways of thinking about life and death. We per-

sonally, as well as the many volunteers who have worked at our Center with families that have been affected by the AIDS virus, have received the gift of having our lives transformed as we have been witness to a faith, love, compassion and coming together that has resulted in a life that has new meaning. Won't you join us in the challenge that remains for all of us to face our fears and let our hearts be transformed by the Creative Love Force of this universe into compassion, caring and love? □

*Reprinted, with permission, from New Realities*

*Gerald G. Jampolsky, M.D., is founder and now consultant to The Center for Attitudinal Healing in Tiburon, California. A member of the LOTUS Advisory Council, he is a psychiatrist as well as the author of Love Is Letting Go of Fear, Teach Only Love, Good-Bye to Guilt, and other publications. He has also edited many children's books. Diane V. Cirincione is an international lecturer and business woman. She is a facilitator for attitudinal healing and does educational outreach for the Center in Tiburon. She is also co-director of the international project, "Children as Teachers of Peace." She has co-authored many audio tapes with Dr. Jampolsky, including Nightingale-Conant's "Creating Positive Relationships."*

*To order a copy of the "Please Hug Me" poster, send a minimum \$2.00 contribution to the Center for Attitudinal Healing, 19 Main St., Tiburon, CA 94920, (415) 435-5022.*



## ***Integral Yoga® Programs***

**AT YOGAVILLE, VIRGINIA**

### **SPEND SOME TIME WITH THE CLASSICS**

#### **19th Annual Integral Yoga Silent Retreat, June 10-19**

Experience simple and effective methods for attaining optimum health, mental clarity and inner peace. Daily practices include meditation, Hatha Yoga, talks by senior disciples of Swami Satchidananda and instruction and practice of the branches of Integral Yoga. Make your next vacation a time of discovery and renewal.

Ten-day contribution: \$445 dorm; \$554 private

Weekend only: \$108 dorm; \$170 private

**For information contact: Programs Dept. YJ3,  
Satchidananda Ashram-Yogaville, VA 23921, (804) 969-3121**

# Healing Thought Forms

by Sri Swami Satchidananda

*Question: Sri Gurudev, what advice do you have for: 1) People who have the AIDS virus, but are healthy? 2) People who have AIDS? Is there a prayer that can be said throughout the day?*

*Sri Gurudev:*

It's really a very sad thing to see what is happening.

I don't see why the scientists named it AIDS. It's not an aid. But these things should be eye-openers to us—not only AIDS, but any kind of disease. Nature never wanted us to be sick. It's not our birthright. It's not part of Nature's work. Ease is our true nature. But if, in our own ignorance, we disturb that ease we become dis-eased. Health is our birthright. When we see some suffering, we should learn some good lessons. "What have I done? How could I have avoided it?" Don't dwell on the past. You made some mistakes; now, is there any way to get out of it? That's the question here.

Science may still look for some answers. But the greatest doctor is Nature or God itself. God and Nature are one and the same. There is a doctor in us. That is Nature's energy, the Divine energy within. It is ready to repair anything. If only we give a little opportunity for Nature to work on us. We should not interrupt that healing force by adding more problems.

So, lead a clean life. Your own heart will tell you what is clean or unclean. Nobody needs to say what is right and what is wrong for you. If you are not comfortable with something, stay away from that. A restless mind, a disturbed mind, a worried mind will create an imbalance. Anything that disturbs your mind creates poisons in the system. You may use remedies afterward, but preven-

tion is better. Change the thought forms. Bring better vibrations into the system. And it is there that we use some mantrams.

What is a mantram? A mantram is anything that steadies the mind. "In the beginning was the word—and the word was God." God and Word are one and the same. What is Word? The mantram. Everything ultimately is sound vibration. So, the same sound vibrations from the proper mantrams could realign the molecules, the hormones, repair the body.

What are the mantrams? There are many—not just one or two. One good universal mantram to use is *Hari Om*. We do it mainly for the vibration. Let the whole body, every cell, vibrate with that sound. A great saint said, "Even when I forget it, my cells repeat it." That's the power of mantra. *Om Shanthi* is another beautiful mantram. Use any universal mantram you like, any holy name. It doesn't matter. Do it with full faith, with total confidence. That's important. And repeat, repeat, repeat. Your body should repeat it. Your mind should repeat it. At night when you wake up, something inside should be repeating the mantram. What you want, you get. To quote the South Indian saint, Thiruvalluvar, "Those who think something will certainly get it if only they think well." If you don't get it, you didn't think enough. So let your selected mantram be thought again and again and again. Keep repeating it. Patanjali says practice becomes firm when you do it for a long time, without break, with total faith. We have to fulfill all three qualifications. Don't blame your mantram if you don't fulfill them. The mantram can completely change the cells, repair all the diseased ones, burn out all the undesirable cells, and build new ones. There is no doubt about it. The

world is yet to know the power of mantram. Jewels are cleaned with sound vibrations. Scientists are beginning to see the power of sound vibrations. But we can also use it for our benefit, better health, better peace of mind.

Also, let your food be clean. When I say clean, it's not that you wash your chicken ten times or wrap it in nice cellophane. Let your food be the product of love. Food gotten from a violent act will cause violence in the body. Everything that we experience in life should be clean.

Over and above all, use the chosen mantram. It will produce tremendous energy, and burn out all the diseased cells. During my time in seclusion, people would come to the place where I stayed. I used to keep a small container

of holy ash outside. People would come and take a bit of ash and go. They would be cured. Many who come to Yogaville experience that. You can charge a place with healthy vibrations. You can charge your home, your body. It's a sort of electricity, a sort of magnetism. You can do it.

Let's have faith in that and do it. All the Divine energy is there waiting to help us. Only a well-tuned radio will receive the music. Many of our radios are completely out of alignment. There are a lot of short circuits and loose connections, burnt out valves. How can you receive any music then? Repair it. God and Nature want us to be healthy. And we can be healthy. We can repair. Let us have that hope.

## Never Lose Hope

by Peter (Purusha) Hendrickson, Ph.D.

How is it possible to be hopeful about AIDS? The Centers for Disease Control predict that we are just in the beginning of an epidemic which is likely to last another decade. The toll it has already taken has been tragic, and every half hour another American dies of AIDS. When the suffering goes beyond the statistics and touches your life directly, it can become terrifying.

A person's attitude toward AIDS often parallels his or her attitude toward life. For example, a detached intellectual will approach AIDS with an aloof, analytical distance. Those who tend to be alarmists will run from pillar to post with the latest horror story; and people who bury their heads in the sand will do that with AIDS. Paranoid people might blame CIA germ warfare. The guilt-ridden blame themselves, while the excessively anxious make appointments with doctor after doctor. But AIDS is about life and death. To face AIDS effectively, more is required than our knee-jerk psychological reflexes.

Victor Frankl, a psychiatrist and Nazi

concentration camp survivor, reports that shock, the first phase of the prisoner's psychological reactions upon admission to the death camp, preceded apathy, the second phase. Although he acknowledges that apathy is a necessary psychological defense, Frankl states, "Woe to him who saw no more sense in his life, no aim, no purpose and therefore no point in carrying on. He was soon lost."

I have observed that apathy often follows the initial shock of receiving an AIDS diagnosis. Dr. Harold Kooden, a psychologist with extensive experience with the gay community, feels that a strong sense of one's future — a reason to be alive — is essential for surviving the health crisis.

Stephan Levine, an author and workshop leader who has worked with the dying for many years, suggests making two lists. In the left column, write why you wish to stay alive. In the right column, list the reasons that "Somehow, beyond reason, even beyond understanding, there was some sense of relief in the terminal



prognosis." Other authors who have written about their work with life-threatening illnesses, recommend this or a similar technique. Levine stresses the need to examine that part of ourselves which for whatever reason may prefer death. "Look directly into the boredom and self-doubt, the confusion and intense inner judgment." Thoughts and feelings cannot change until they are identified—not judged, but noticed and accepted. As Dr. Naomi Remen, Medical Director of Commonweal, says, "Without acceptance there is no way to take charge of your life. Without acceptance you just react out of fear."

The Chinese symbol for crisis also represents opportunity. Frankl makes that point when he says "Everything can be taken from a man but for one thing: the last of the human freedoms—to choose one's attitude in any set of circumstances, to choose one's own way." He acknowledges that those who exercise that choice are few in number. People with AIDS may have more possibilities than they realize, but they can only explore new possibilities once they have identified ways in which their beliefs may be limiting them.

In pointing out that twenty percent of PWAs (people with AIDS) have survived at least three years after diagnosis, Michael Callen, himself a PWA diagnosed four and a half years ago, states, "The unthinking repetition that everyone dies from AIDS denies the reality. But just as important, it denies the possibility of survival." The doctors treating Dan Turner, a PWA diagnosed in 1982, did not know that his cancer, Kaposi's sarcoma, necessarily meant AIDS and therefore death. Turner wonders if the fact that he was not told to expect to die accounts in part for his survival.

A man who was diagnosed one year ago recently told me, "Strange as it may seem, this year has been the best year of my life. I care for my body and appreciate each day." Another PWA said that the acronym AIDS to him means accelerated inner development. I know no one who

regretted his efforts to face AIDS with courage. Death should not be seen as a failure.

Once acceptance has taken place, an openness follows automatically. In the broadest sense this is an openness or receptiveness to all the experiences each moment brings. It also includes an openness to ideas which previously one may have been unwilling to consider.

Another requirement is a patient but dogged determination. Even our best-intentioned exercise or weight loss plans rarely last more than a few days. In regard to AIDS, what is required is learning to consistently view life in a hopeful, healthy manner. As Sri Gurudev says, "The greatest victory is the victory over your own mind." It takes a gentle perseverance to gradually reverse all the mental and behavioral patterns that interfere with our well-being.

Winston Churchill is said to have given a commencement address which has great relevance to anyone who is facing AIDS. He reportedly went to the podium said, "Don't give up. Don't give up. Don't give up." and then sat down. In a talk with PWAs in New York City, Gurudev echoed this point: "Never, never, never lose hope. You can repair your body. You have that capacity. Let us have that faith."

*Psychologist Peter (Purusha) Hendrickson is a longtime devotee of Sri Gurudev and is a leader and originator of the New York IYI AIDS program. In addition to his private practice, he is currently working on a book about using self-induced emotional, social and spiritual skills to face AIDS with courage and hope.*

# GRATEFUL TO SERVE

## Teaching Hatha Yoga to PWAs

by Ramya Gleeson

Yoga helps to provide PWA's (People with Aids) with an opportunity to see that they have choices in their lives. It gives them the chance to be in charge and to take responsibility for their own personal healing (both physical and spiritual); and it creates the opportunity for the powerless "victim" image that many have accumbed to, to be released.

Following Sri Gurudev's recommendations, the PWA Hatha class is based on the Beginner's class with a few variations for extra emphasis. In my own classes, I have found that awareness of the healing and loving vibration is as important as the cleansing and toning benefits.

Chanting is of special value to the PWA, especially *Hari Om*. Gurudev has reminded us that this chant releases stored *prana*, energizing and strengthening the entire body and especially the immune system. It has also been helpful for participants to know the physiological reasons for chanting. Understanding seems to promote greater motivation to continue the practices at home. Students are continually reminded to be gentle and

loving with themselves, particularly not to push beyond what is comfortable, and not to stress their energy levels.

Relaxation of the physical body during the "Yogic Sleep" (*Yoga Nidra*) allows PWA's to go deep within their being. At this time, guided imagery is used to release thought patterns that block the innate healing process. We focus on themes such as allowing, affirming and releasing suppressed feelings, acceptance of self, cleansing and healing light, and awareness of the perfection within, as all create a healing attitude. We end the relaxation by hugging ourselves, silently repeating, "I love you . . ."

Pranayama (Yogic breathing practice) is done with the same emphasis. The effect of each practice is described to enhance the body/mind connection of the healing process. Hatha Yoga is a loving way to connect, or reconnect, with the body. It allows ease and self-love to return, and an awareness of the light within to grow.

After closing chants, we end with a "Healing Circle." We sit and hold hands and just "be" — feeling the energy and love that connect us and surround us. We share and support each other, talk about what's happening, about our fears, joys, anxieties and successes.

Sometimes there are tears; always there are hugs. I come away from these classes full of inspiration, hope and many



loving vibrations. I, too, am a student here and am healed. Always I leave with the sense that I am privileged to have been at such a gathering of Masters, and I am grateful to serve.

**1. REPENTANCE.**

Admit that you made some mistakes.  
Our own conscience tells us what our mistakes are.  
Mistakes are over-indulgences.

**RESOLVE THAT:**

*"I created the problem. I was the master of the problem. I am sorry for it. I admit my mistake. I repent for it."*

**2. BLOCK FURTHER WASTAGE  
OF YOUR IMMUNITY OR ENERGY.**

Stop wasting energy. Anything that drains your energy should be avoided — such as worry, stress, fear, anxiety, etc.

**RESOLVE THAT:**

*"I created the problem and I am going to destroy it. I will do that by stopping all the ways that I lose my immunity."*

**3. BUILDING IMMUNITY.**

Through healthful practices and lifestyle and positive constructive thoughts, the immune system can be rebuilt.

The body should be a good clean conductor to receive the cosmic force.

Something cannot draw or conduct energy without being a clean channel.

**RESOLVE THAT:**

*"I will do everything possible to add more immunity to my system through clean living, clean diet, clean thoughts. I am building my immunity."*

**4. FEARLESSNESS.**

You must never give up.

You can face the situation and overcome it with hope, courage, faith and fearlessness.

**RESOLVE THAT:**

*"I am the master of the creation, and I will be the master of the destruction. I am not afraid of the disease. I am not going to be afraid of this anymore because I created the problem and I can undo the problem."*

**5. FAITH IN A HIGHER POWER.**

Believe that you can draw healing energy from the Divine by clean living.

**RESOLVE THAT:**

*"I have total faith in a Higher Will—a Higher Energy. By my clean habits I will be able to tune in to that and receive all the strength and energy to recharge my system."*



# Your Purpose is to Heal Yourself

## A devotee's story about dealing with AIDS

As suggested by Sri Gurudev, I am writing this article to share my experiences with you, especially anyone who is diagnosed by the medical community with a so-called "terminal illness." In the past year, I was told by the medical profession that because I had developed a skin lesion, and because I tested positive for the HIVIII virus that I had AIDS.

My first reaction was that of panic, fear and the question, "Why me?" For several days I was upset and fearful. I called Sri Gurudev on the phone and told him about the diagnosis. With all love and assurance he said, "Your purpose is to heal yourself so you can be an example to the world that this disease is not always fatal, and you can heal yourself through natural therapies." With unconditional love and understanding he continued, "So you made a mistake. No need to cry over spilled milk. Heal yourself." When I finished the conversation with Gurudev and hung up the phone, I was totally convinced that I would and could heal myself. His words penetrated deeply into the center of my being, and with all faith and conviction I began intensely doing the yogic practices. I was 100% willing to listen to his advice. I became the intense learner and read everything I could and called many health professionals to begin formulating a daily program that I could follow to build up my immune system.

For the next three months I worked intensely to clean my body of toxins, clearing negative thoughts from my mind and releasing suppressed emotions. At the end of that time, I had my blood work re-evaluated, and several days later the doctors called me to see exactly what I was doing, as my blood work had improved

dramatically. Days later I had a personal meeting with Gurudev, and he was pleased with my progress. He expressed that anyone with any disease or illness should concentrate on five things. They are:

1. FEARLESSNESS—Think, "I'm not afraid of this anymore." Have courage.
2. FORGIVENESS—Ask God for forgiveness and assistance. Forgive yourself.
3. Say, "As MASTER of this creation, I have the capacity to do and therefore have the capacity to undo by becoming the master of destruction [of the disease]—by stopping all ways that decrease my immune system through daily habits, diet and thoughts." Stop all anxiety, worry, fear and indulgences.
4. Vow: "I will do everything possible to build the immune system."
5. Affirm: "I have total faith in a Higher Will and Energy and by my clean habits I will be able to tune into That and receive all the strength and energy to recharge my system." Draw from the eternal source of energy and receive the Cosmic Force.

Gurudev then gave this analogy: "A clean gold wire conducts electricity fast. A clean body and clean mind attuned to the Higher Self will cause Healing."

Gurudev continued, "If someone is walking along the road and there is a pit and they fall in, they need to pull themselves out and then tell others not to fall into the pit. If the others do fall in, you can say, 'Here's how to get out.'"

I know it is my duty to share with

others this information on how to get out and heal themselves.

A dear friend had insight into the word AIDS. AIDS aids us in making changes that will bring us back in tune with our natural health and harmony. This disease has brought a beautiful balance back into my life. I feel great!

There are seven areas which I have incorporated into my daily program for healing and building my immune system. They are:

1. Spiritual Principles
2. Positive Mental Attitudes
3. Exercise
4. Rest & Relaxation
5. Optimum Nutrition
6. Food Supplements
7. Education

In an upcoming issue of this magazine I will explain in detail the various aspects of these areas.

For anyone else who may have a disease or knows someone else who does, please know that we can heal ourselves, and that the disease can be a blessing in disguise to bring us back into a natural state of health and harmony. Never give up hope; fight to stay alive. Stay in the present moment and be happy. All fear is in the future. Live for the NOW, and be a joyful presence to others.

I gratefully thank Sri Gurudev for his loving guidance and unconditional love. He is always with me, especially in this time of need.

---

## The New York IYI AIDS Program

---

by Peter (Purusha) Hendrickson, Ph.D.

For the past two years, the New York Integral Yoga Institute has offered programs for people who are concerned about AIDS. The program began when Sam Alford, a man who had AIDS, asked Prema Pleva, a teacher at the IYI, if she would teach a Hatha Yoga class for people with AIDS (PWAs). Prema accepted the offer. Her Saturday Hatha Yoga class continues to be very popular, and her service to people affected by AIDS has become a full-time job. Sam passed away in July, 1986; he is lovingly remembered for his tireless efforts for PWAs.

In June, 1985, Sri Gurudev responded to a question about AIDS. He emphasized that Yoga strengthens immunity and has much of offer, both as a prevention and a treatment. He recommended the practices of Yoga (asanas, pranayama, clean diet) as well as spending time in

prayer and meditation. He also urged people to study their lifestyle and change any aspects that weakened their immunity. He said, "What the doctors say is impossible can be possible." It was decided to offer a one-day workshop at the New York IYI to present these ideas to any who might be interested. Attended by forty-five people—approximately half of whom had AIDS—the workshop was a success. However, a one-day seminar can only be a beginning in helping people make major changes in both behavior and world view. The need for follow-up programs became evident. Wednesday evening seminars were begun to provide opportunities for discussion of a wide range of topics such as: sexuality, coping with fear, techniques of meditation, guidelines for sound nutrition, spirituality in daily life, learning how to face

Hatha. These seminars are on-going and have been attended by people who have AIDS or are at risk for AIDS, people whose loved ones have AIDS, and others whose personal or professional lives have caused them to encounter AIDS. Also, two additional weekly Hatha Yoga classes for people with AIDS have been established. Recently, we have begun to offer Hatha Yoga classes at Bayley House - a residence for PWA's. A comprehensive program for those who have the AIDS virus but have minimal immune deficiency is in the planning stages.

Self-induced healing is a long-term process which requires patience and much effort. Our program is based on research concerning the effect of the mind on immunity. Dr. Bernie Siegel, a surgeon at Yale Medical School, has studied people who have survived cancer and has found common characteristics among the survivors. These characteristics include a sense of purpose and meaning in life and a willingness to participate in the healing process. Our program seeks to apply these principles as we face AIDS. What strengthens immunity? Many studies point to the importance of love and social support and the harmful effects of loneliness. Human contact is a vital ingredient in the healing process. People affected by AIDS need to be brought together to share their hopes

and fears. Self-involvement in the healing process also strengthens immunity; Yoga requires an active and ongoing participation. Meditation and prayer are often cited as the foundation of the healing process by those who have either recovered from disease or made peace with the illness. Conversely, research has also revealed factors that weaken the immune system. First and foremost is a sense of helplessness in the patient. People who feel powerless in facing any life event can become panicked and give up hope. Unexpressed feelings can also weaken the immune system as do stress and major life changes. Poor nutrition, as well as alcohol and drugs, are well-known for their danger to health.

The IYI program incorporates these ideas by providing the necessary balance of theory and practice. Participants are given the tools to face a life-threatening illness. It is too early to measure the long-term medical results. What is certain is that the fellowship, the ideas, and the practices of Yoga give people a sense of hope and well-being as they do everything in their power to strengthen their bodies, minds and spirits.

## Ease and Dis-Ease

by Dharmavati Shapiro

Modern man is riddled with dis-ease; we have become so used to headaches, colds, constipation, or even cancer, that we have forgotten that such sickness should actually be a rare event. Dis-ease has become so ingrained in our life that we mistakenly think of it as normal. We undergo numerous operations and consume vast quantities of medicines, to such a degree that our state of health has become the subject of hours of social conversation.

Although this is obviously a sorry state of affairs, the sadder fact is the apparent lack of intelligence we apply to recogniz-



ing the relationship between health and sickness, attitude and way of life. Because we do not acknowledge that the mind and body affect each other, we therefore cannot take this further step. Yet we are not separate from our body. Through our body we express ourselves and relate to the world around us. It is our means for expression and it therefore expresses who we are. If our bodies fall sick then it is a part of us falling sick, it is not something separate from us falling sick. The dis-ease is an expression of an imbalance within our being.

However, as we cannot put our mind under a microscope, instead we put our cells under a microscope, and by focusing so closely upon the body we have lost touch with its integral relationship to the mind. For instance, we do not connect the need to communicate, to "get something off our chest" with the bad cough we have; instead we take a cough suppressant and suppress our inner conflict at the same time. We do not connect the tension or feeling of pressure in our shoulders with the long-held guilt we have; so instead, given time, the shoulders bow and we get back problems. And the guilt remains intact. Nor do we connect our inability to let go, or a lack of spontaneity, with constipation. Instead we take a laxative and carry on in our fixed patterns of behavior. A deep fear or anxiety will soon begin to wear us down, deplete our enthusiasm and energy, until we lose our resistance and fall sick.

The relationship between mind and body is, in fact, so totally integrated that there is virtually no state of dis-ease that cannot be traced back to a psychological or emotional attitude. Different areas of the body reflect different psychological states and there is a constant exchange of information throughout our whole being. "Today there is strong agreement among the healing professions that illness stems from the mind, but it is also important to remember that the mind is made up of many levels. This is easier to understand if we return to the idea that we think and feel from different areas in the body, each

area having its own special function. What we put out in thought will always come back and land in the same area where we tightened at that moment. The moment is ever-living, yet we trap it in our judgments, our fears and our illusions and thus we are not free."\*

Dis-ease is on the increase because simultaneously our way of life is being threatened by ever greater pressures. Stress is the most basic factor stimulating illness. Stress is caused by frustration, anger, anxiety, hopelessness, fear, shock, disappointment, apprehension, grief, guilt, hatred, depression, loneliness, worry, obsession, despair, resentment and so on. Stress accumulates until it creates inner tension and constricts the muscles. Constricted muscles affect the flow of the blood and the functioning of the nerves. These in turn affect the glandular system. The maintenance of our entire physical system is dependent on the blood, nerves, and glands functioning properly. As they begin to deteriorate, so an enormous array of physical disorders develop.

If we can find the cause of the stress, develop relaxation, quiet the mind and discover a sense of inner peace, then the muscles can be eased. Then the constricted veins, arteries and nerves are free to perform properly again. Then the glands and organs are resupplied with essential nutrients. Then physical healing can begin.

As we cannot put frustration, anger or guilt under a microscope, so orthodox medicine tries to help by bringing relief to disrupted organs and tissues, or by offering sedatives or anti-depressants. But this is not dealing with the cause of the problem. It is the covering of a crack in the wall in the hope that it will go away. To heal on a deeper level so that health becomes a natural state of being, means dealing with stress, the causes of that stress and the effect it has had. Man is not just his physical body, nor is he just a mind. All aspects of his being are intimately concerned with the health of the whole, mentally, emotionally, physical-

and spiritually.

There cannot be this deeper healing without the release of the cause, the replacement of dis-ease with ease. The body is fully capable of recuperation, given the energy and impetus to do so. But the mental and emotional states we generate and maintain, hamper this process. Surely we do not actually want to be sick? Yet no-one inflicts illness upon us—it can only be manifested from within.

Recognizing the external stress in our life is relatively easy. Recognizing stressful thought patterns is not so easy as most of us are not aware of our ingrained attitudes. If we were it is unlikely that we would perpetuate them, as none of us actually enjoy suffering. In fact, illness can be the most wonderful opportunity

to see how irresponsible we have become and can give us a very real impetus to take responsibility to care and love ourselves again. "Healing means "to become whole," to be one with our Creator as we were at the beginning. It is what is meant by the words in the Bible, "to be healed of our sins", for a sin is really only a lack, a lack of knowledge, a state of sleep and forgetfulness. What a pity it would be if we were to pass through this life in such a state!"\*

\* quotes from *Here to Heal* by Reshad Field

Dharmavati Shapiro

Extracted from *The Healers Hand Book* by Georgina Regan and Debbie Shapiro, Element Books.

## A Pearl of Hope

by Radha Vignola

Our hallway wall is decorated with several colorful works of art that my mother drew throughout her many years living at a convalescent home in Minneapolis. These drawings are a tangible reminder to me of the courage and love of life my mother always radiated, until the moment of her death at age seventy-three, forty years after beginning her trial with multiple sclerosis.

Among the drawings is a sign written by her:

"To all handicapped people —  
I am writing this with my mouth.  
I also use colored pens for my  
drawings.  
There is always something one can do.  
Don't give up hope!  
Pearl Albert"

The drawings and the sign were done by my mother by holding colored pens in



her mouth, after she had lost all movement in her limbs.

She lived longer than anyone else ever has with this disease, and as it got worse she got more will power to keep her mind alert and positive. She never wanted to become a grouchy, naggy sick person, so she determined to remain loving and helpful however she could. She always volunteered her body for many extensive tests and experiments, hoping that, through her, many others might be saved the sufferings of the disease. She remained compassionate toward her roommates in the convalescent home, and the nurses and aides relied on her wisdom to help them understand and deal with the other patients and their problems. Mama was never a problem; she was more like the unofficial counselor and friend to all.

Never did I visit her that she wasn't happy, alert, and concerned more about our problems than her own. She just accepted her immobility and kept her dignity and pride in having a sharp mind and loving character.

She had a tremendous will to live, while she could still express herself and be of use to her companions, but when her chest muscles finally got too weak to breathe enough, she chose to die, rather than the alternative of being hooked to a machine that would do her breathing for

her. As she faced death, she was hoping perhaps to finally feel some release from the physical pain she had endured for so many years.

I miss her now that she's not writing me her cheerful letters and I can no longer visit her to share my photographs and stories. Her drawings will always inspire me, and I'm proud to show them to my friends and tell about my mother's art. Her life is a great lesson in the power of the mind to overcome all obstacles with an attitude of courage and love.

Sri Gurudev recently heard the following statement made by one member of a Himalayan mountain-climbing expedition.

*"Challenge is what makes man. And there is always the risk of failure."*

—Unknown

Sri Gurudev commented:

*"But if it is God's work and prompted by Him, there is no risk and only victory."*



# Courage to Help

Kalyani Yarusso, L.P.N.

There is an ad on TV for the Peace Corps. It shows people working in developing countries under adverse conditions and inclement weather doing back-breaking work, and the narrator says: "The Peace Corps. The toughest job you'll ever love." I smile with recognition whenever I see that ad, because that is the way nursing is for me in the medical center where I work. The pay is poor, the work is exhausting and never-ending; the criticism abundant. It also provides a daily opportunity to confront my own weaknesses and fears and shortcomings as I move along this path.

Last week when I reported to work, I was asked to go to the Plastic Surgery floor, as they were extremely short-staffed that night. As I took the elevator up, I started to feel the anxiety build. Plastic Surgery is a very stressful place to work; it consists mostly of accident and burn victims who require a high level of acute care nursing, as well as lots of emotional support to patients who are adjusting to disfigurement and loss of limbs.

My patient load that night was heavy, and I knew I would have to keep moving at a steady, brisk rate to get it all done. I stopped in to see my first patient, a nineteen-year-old boy who had been in a water-skiing accident. He had fallen and gotten caught in the blades of the outboard motor, resulting in an amputated thumb and massive infection from the bacteria-laden, polluted water. Major skin grafts from his thigh were needed

to cover the large areas cut out of his arms from the blades of the motor.

I walked in and introduced myself and told him I needed to change his bandages. I saw so vividly the fear and apprehension move across his face. He told me it "hurt very bad" to have them changed, and he began to cry. He started trembling and gasped when I came close to his arm, even though I hadn't even touched him. I immediately noticed the resistance in my own mind. "Oh Lord, how am I going to do this? He needs so much support, and I have such a heavy load tonight. I'll never get it all done."

It was at that point that I felt, as I have felt so many times before, that my Guru was right there at my elbow. Intangible, yet persistent and undeniable, I felt him at my side. So many times I've felt the words come and not known where they were coming from only to realize later that He has been with me.

I knelt down beside his bed, said I was going to do some deep breathing with him, and told him to focus on the space between his eyes. I marvelled at how totally open and trusting he was, willing to do whatever was asked of him, if it would make the ordeal easier. After a few minutes, I started to peel away the bandages, and he continued to keep his eyes closed, telling me he "didn't want to see it." The task was laboriously slow — inch by inch peeling the dressing from his injured arms. I asked for the guidance to say the right things, something supportive, and then just started talking to him as I worked. I told him that good healing had taken place and that, even though he'd lost a thumb, he still had use of his fingers and the muscles in his arms. I told him to make friends with his body again and to send his arm some healing energy. I said that although this was intensely traumatic now, he would heal and his life would resume, and he would learn to compensate for the loss of his finger.

After what seemed like an eternity, I was finished. He thanked me and told me it was the first time he hadn't screamed while having his bandages changed. For

a brief moment I thought to myself, "Now that was a good job, Kalyani. You did a real good job." — only to chuckle at my own audacity. Without my Guru in my life, I would never have found myself in that room. Nor would I have had the courage to deal with the situation. My

life would never have evolved to the point of serving that young man and the others. I thank you, Gurudev, for giving me the opportunity to work for you, and as they say here in the South, "I hope I do you proud."

## Who Do You Say I Am?

by Joan Metzner, M.M.

Who do You say that I am?

Mournful heart cry  
of a discouraged seeker

You, my Creator, my only God,  
Who do You say that I am?

a sinner?  
stranger?  
sojourner?

Who do You say that I am?

"light of my Light,  
heart of my Heart,  
favored offspring of my very Being.

You are my beloved child  
in whom I am well pleased

not adopted  
not abandoned  
not estranged

You are my beloved child  
in whom I am well pleased.

Take My Word for it."

# Spring!

by Mrs. Rukmini Rasiah

*The music in my heart I bore  
long after it was heard no more"*

It was harvest time. Nature was alive in all its glory. Golden heads of ripened wheat swayed in the breeze, like shimmering, rippling waves. With hearts full of love and gratitude to their Maker, eyes alight and intent on their work, the reapers were busy. Their bubbling joy broke forth in uplifting rapturous songs.

The man hurrying across the field to be at his city office in time was oblivious to his surroundings. The wonderful beauty of the day was lost on him. Spotting him and divining his attitude, the girls momentarily stopped their singing. He left the field well behind him, his mind full of worldly chores. Suddenly he stood rooted in his stride.

The song came floating on the air, a single voice sweet and clear with heart-rending melody, vibrating with praise of the Lord. It thrilled him to the core and wakened him to life. Simultaneously he felt the warmth of the sun and looked up with wondering, bewildered eyes. God's wondrous beauty and love manifested round him, filled him with awe. "God, I am Thy creation too, part of Thine own nature," his heart cried out. He wanted to run back to the field, but could not move. The song, like a bird released soaring toward the sky, went on. Sublime, on a crescendo of ardent supplication and exaltation by turns, it finally came to an end with a melodious, sweet, modulated refrain. His dream was shattered, and he automatically continued along his way, bearing the music in his heart.

He had received benediction. A simple peasant girl's utter devotion, humble gratitude and love to her Lord, poured forth in joyous and tearful strain, had touched him. Echoes of the girl's song

lingered in his heart and soothed his restless mind. True knowledge dawned, and his vision changed. The mundane daily work and office setting faded. He perceived God's endless beauty and glory all around him. His love within him stirred to life. Awareness of God's guiding hand in his life and work filled him with peace. "We are all children of the same Father!" he thought, and he looked upon his fellow workers with new perception. His heart became radiant, brimming with the light and love of God. Humbled, he lifted his eyes to heaven and prayed, "Lord, I am Thine. I love Thee. Let They will be done."

People everywhere look forward eagerly to the advent of spring. Nature blossoms forth. Humans, animals and birds alike throb with renewed life and hope. Many an errand during the gloomy days of winter are put aside to be done in spring. The housewives plan ahead to spring clean their homes. They clean out their houses and open all doors and windows to let the warmth and rays of the sun penetrate every nook and corner. The sight of their illumined homes fills their hearts with a glowing anticipation of more full happy days ahead. Thus, as the song of spring arrives, hopes eternal spring in the human heart.

Yogaville! It is Spring! Blessed Yogaville wherein dwell many children of their beloved spiritual father Gurudev Swami Satchidanandaji. He has blessed us with the Light Of Truth Universal Shrine, forever in our midst. The Lighthouse sends out its beams to guide all seekers alike with his teachings—the efficacy and glory of selfless service. are we not eternally blessed?

Let us therefore look within and see if we need any spring cleaning. Cobwebs may have collected in remote corners. Let us clean them out with the Guru's grace and may he bless us to practice his teachings, be humbler and live in harmony and bliss as one family, radiating God's wondrous love and light to one and all.





*"So, whatever it is, put yourself in the hands of the Lord. God always does things for our benefit."*

*-Sri Gurudev*

**CLEAR LIGHT SPROUTS**  
New York City



*"Never, never, never lose hope."*

*-Sri Gurudev*

**INTEGRAL YOGA  
NATURAL FOODS**  
250 West 14th Street  
New York City 10011

*"I'll be always there, don't worry."*

*-Sri Gurudev*

**CHITRA PUBLICATIONS**  
Publisher of  
*Quilting Today Magazine*  
272 Main Street, Box 437  
New Milford, Pennsylvania



*"If you are not comfortable with something, stay away from that."*

*-Sri Gurudev*

*"Everything that we experience in life should be clean."*

*-Sri Gurudev*

**GO PAL BICYCLE SHOP**  
Charlottesville, VA

**FEATHER RIVER COMPANY**  
Natural Cosmetics, Body Care  
Herbs, Ginseng  
133 Copeland  
Petaluma, California 94952



mantram can completely change the  
repair all the diseased ones, burn out all  
desirable cells, and build new ones.  
is no doubt about it."  
-Sri Gurudev

CKINGHAM SECURITY, LTD.  
UNIVERSAL ADVISORS

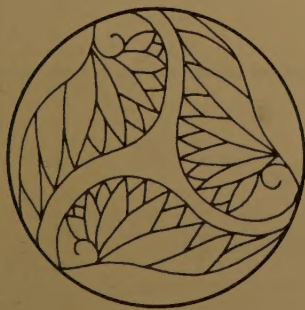


"Ease is our true nature. Health is our birth-  
right."

-Sri Gurudev

BLUE MOUNTAIN TRADING CO.

923 Preston Avenue  
Charlottesville, Virginia  
(804) 293-4111



re's nothing greater than the faith in God.  
that faith alone will protect you."  
-Sri Gurudev

VICEMASTER OF FARMVILLE  
Professional Cleaning  
115 N. Virginia Street  
Farmville, Virginia  
(804) 392-6661



"Anything that disturbs your mind creates  
poisons in the system."

-Sri Gurudev

INTEGRAL YOGA  
TEACHING CENTER  
7737 Forrer  
Detroit, Michigan

*"The greatest doctor is Nature or God."*

*-Sri Gurudev*

### OMNICOMP

Computer, Satellite, and  
Communications Systems  
Charlottesville, VA  
Alexandria, VA

*"You can repair your body. You have  
capacity."*

*-Sri Gurudev*

### SURREY INTERNATIONAL NATURAL FOODS

85 Ridge Road  
North Arlington, New Jersey

*"Don't be afraid. A fearful person loses  
stamina and strength."*

*-Sri Gurudev*

**SOLSTICE ON  
THE WATERFRONT**  
Handcrafted Jewelry and Gifts  
Pier 55  
Seattle, Washington

*"All the Divine energy is there, waiting to  
us."*

*-Sri Gurudev*

**LIGHT OF LOTUS GLASSWORK**  
Original Stained Glass Design & Fab-  
rication, Dillwyn, Virginia  
**The INTEGRAL YOGA INSTITUTE**  
of New York City and San Francisco

### Subscribe to INTEGRAL YOGA Magazine

Yes, I would like to receive Integral Yoga Magazine for:

\_\_\_\_ 1 year \_\_\_\_ 2 years.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

This is a gift subscription from: \_\_\_\_\_

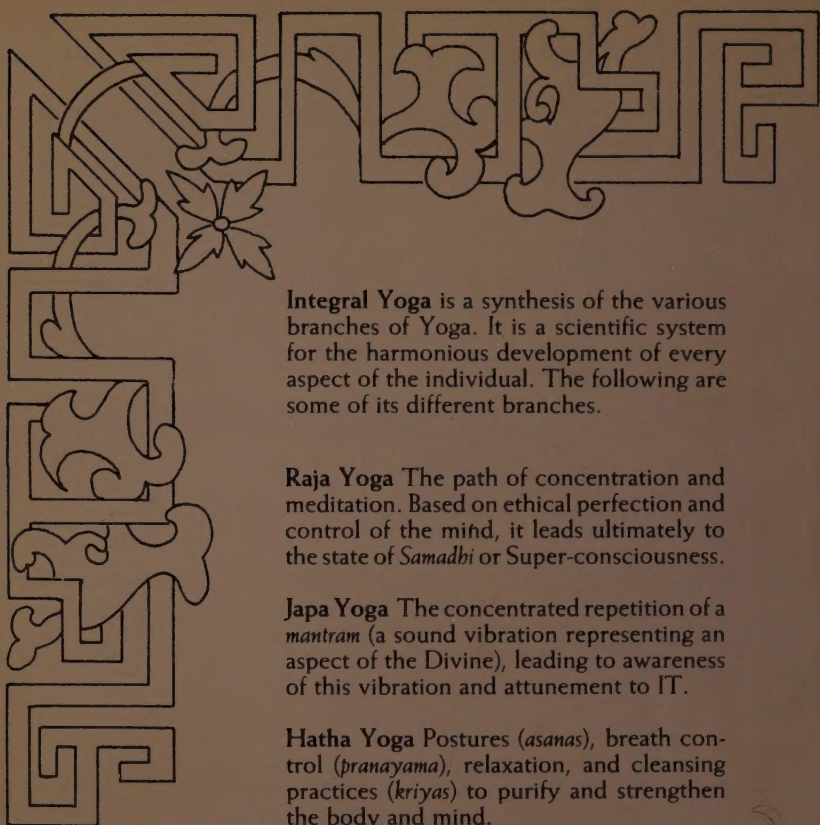
Please enclose \$15 for each year's subscription (\$20 outside the U.S.), payable  
in U.S. funds to: Integral Yoga Magazine, Yogaville, Buckingham, VA 23921



# ATCHIDANANDA ASHRAMS



IRGINIA: Yogaville, Buckingham 23921	(804) 969-3121
RI LANKA: Satchidananda Thapovanam, Tekawatte, Tennekumbura, Kandy	OP-22392
USTRALIA: Buchan, Victoria 3885	(051) 550-215
<b>TEGRAL YOGA® INSTITUTES* AND TEACHING CENTERS</b>	
<b>ALIFORNIA</b>	
249 Via Marisol, #121, Los Angeles 90042	(213) 222-4204
P.O. Box 5892, Santa Barbara 93150	(805) 969-7233
70 Dolores St., San Francisco 94110*	(415) 821-1117
<b>OLORADO</b>	
552 Oak Avenue Boulder	
70 Buckeye Dr., Colorado Springs 80919	(303) 594-9119
614 S. Datura Circle, Littleton 80120*	(303) 794-3388
<b>ONNECTICUT</b>	
8 Cherry Brook Rd., Canton Center 06020	(203) 693-4495
May St., #505, Hartford 06105	(203) 241-0616
<b>IAWAI</b>	
P.O. Box 282, Captain Cook 96704	(808) 322-3887
P.O. Box 10611, Honolulu 96816	(808) 723-1733
<b>LLINOIS</b>	
1720 W. Farwell Ave., Lincolnwood 60646	(312) 677-8071
<b>MASSACHUSETTS</b>	
15 Asticou Rd., Jamaica Plain 02130	(617) 524-1920
288 Belmont St., Fall River 02720	(617) 673-9535
<b>MICHIGAN</b>	
19187 Grandview, Detroit 48219	(313) 836-6478
<b>NEW JERSEY</b>	
244 Broadway, Elmwood Park 07407*	(201) 796-7585
<b>NEW YORK</b>	
85 Briar Rd., Nanuet 10954	(914) 623-4535
227 W. 13th St., New York 10011*	(212) 929-0585
<b>OHIO</b>	
1085 Bryden Rd., Columbus 43205	(614) 252-0827
<b>OREGON</b>	
1015 Mary Jane Ave., Ashland 97520	(503) 482-2132
<b>PENNSYLVANIA</b>	
P.O. Box 124 New Milford 18834	(717) 756-2932
<b>TENNESSEE</b>	
3407 McKinley Road, Johnson City 37604	(615) 929-0339
<b>TEXAS</b>	
4307 N. Westberry, San Antonio 78209*	(512) 434-1738
5722 Logancrest, Dallas 75227	(214) 388-9438
<b>VIRGINIA</b>	
P.O. Box 7034, Richmond 23221	(804) 353-6437
2707 West Cary St, Richmond 23220	(804) 353-6437
<b>WASHINGTON, D.C.</b>	
P.O. Box 33754, 20033*	(703) 527-1080
<b>WASHINGTON (State)</b>	
127 N.E. 59th St., Seattle 98105	(206) 522-1909
7250 S. Humphrey Rd., Clinton 98236	
<b>AUSTRALIA</b>	
14 Matong Rd., Mt. Eliza 3930, Victoria	03-787-6655
3A Alfred St., Norwood, Adelaide, South Australia 5067*	(08) 318-993
23 Spring Hall Pde., Pasco Vale, 3044, Victoria	03-386-0749
<b>BELGIUM</b>	
11 Ave des Lauriers Cerises, B 1950, Krainem, Brussels	(01) 731-3874
<b>BERMUDA</b>	
Dunscombe Rd., South Shore, Warwick	
<b>CANADA</b>	
5425 Park Ave., Montreal, Quebec H2V 4G9*	(514) 271-1633
R.R. #1, Roblin, Ontario K0K 2W0	(613) 388-2446
<b>ENGLAND</b>	
9 Rosehill Road, Wandsworth, London SW18 2NV	01-871-1816
27 Whickham Highway, Dunston, Gateshead, Tyne & Wear NE119QJ	
<b>FRANCE</b>	
Champagne Clot, Rue Des Kerrmess, Escaillon, 8322 Toulon	91-46-35
38 Rue Scheffer, Paris 75016*	553-5476
<b>GUATEMALA</b>	
31 Avenida "A", Zona 7, Uatlan 1, Guatemala City	913-396
<b>INDIA</b>	
73-A Race Course Rd., Coimbatore, Tamil Nadu 641018*	
20 Govindasingh Rd., R.S. Puram, Coimbatore, Tamil Nadu 641002*	
<b>NIGERIA</b>	
No. 3 Sch. Rd., Box 2106, Diobu, Port Harcourt	
<b>SWITZERLAND</b>	
Lilien Str. 1, 9000 St. Gallen	071-9438-65



**Integral Yoga** is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

**Raja Yoga** The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

**Japa Yoga** The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.

**Hatha Yoga** Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

**Karma Yoga** The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

**Bhakti Yoga** The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

**Jnana Yoga** The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

*Swami Satishchandra*  
Sri